VANCOUVER metro®

NEWS WORTH SHARING.

You never forget your first time

Aubrey Plaza's making a To Do List and checking it twice in her '90s-era teen sex flick PAGE 10

Hop to the other side o' the pond

Head over to Scotland and raise a glass of whisky while cheering on some of the Commonwealth's top athletes PAGES 12 & 13

Causeway safety top of mind

The province is considering changes to the Stanley Park Causeway after a cyclist's death there in May PAGE 3

BURE GETS HIS DUE

CANUCKS TO RETIRE FORMER SUPERSTAR'S NO. 10 JERSEY PAGE 18

BABY'S FIRST PHOTOS

Kate, the Duchess of Cambridge, holds her son on Tuesday as she poses for photographers outside London's St. Mary's Hospital. Kate and Prince William presented their newborn to the world for the first time, drawing wild applause from well-wishers as they revealed the new face of the monarchy — though not his name. Story, page 6. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Debate shifting to bike-share station locations

Implementation.
With city's blessing, vendor Alta must now determine where to place hubs

Vancouver approved the long-awaited public bike-share system on Tuesday, giving Portland-based Alta the contract on the condition that it meets performance targets and raise $7.5 million in capital.

The motion passed with only NPA councillors George Affleck and Elizabeth Ball opposed.

The system will be rolled out with great fanfare next spring, but in the meantime expect to see an intense debate this fall over where to put the system's docking stations.

"It is the role of the vendor, Alta, to come up with the locations, so they need to find the best locations and then get a permit from us to do it," explained deputy city manager Sadhu Johnston, in response to a question from Coun. Andrea Reimer.

He said Alta will conduct a "robust demand analysis" of pedestrian, vehicle and transit patterns to assess the size and number of stations in each area.

"They're pretty big stations — there's not a ton of options — so then it's a matter of, will that business have a problem with it and consult with them and engage with the business," he added.

The stations where people pick up and return bikes will only be installed in the city's core.

The city is kicking in $6 million in capital costs and an estimated $500,000 for annual operating costs.

Yaletown Business Improvement Association (BIA) executive director Annette O'Shea said she agrees in principle with the public bike-share system, but she has concerns about the locations of the hubs.

"They seem to have one footprint, which is giant, and we're saying, 'I'd rather have more locations available that have fewer bikes than enormous locations which take up almost a third of a block,'" she said.

Reimer said that in other cities BIAs have initially resisted the stations, only to reverse their stance once economic benefits become clearer, and some have even seen businesses aggressively lobby for proximity to a station.

KATE WEBB/METRO

By the numbers

250

The bike-share stations will only hold 250 bikes to start. After kinks are worked out, that number will expand to a total of 1,500 bikes.

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Yaletown residents upset over ... a tall building?

Condominium. At 320 feet, new tower will stretch to more than four times local limit

From social housing to posh condos, Yaletown has evolved drastically over the past two decades with the construction of the slim towers that made Vancouver famous for high density.

But hundreds of new residents are less than welcoming over plans for an unusually large residential tower next to the busy Emery Barnes Park, saying the "monstrosity" will add too much social housing, steal from green space, lower property values and add excessive congestion.

Despite loud opposition, city council gave the go-ahead Tuesday for the tower by GBL Architects and Brenhill Developments that includes 464 condos, 109 secured market rental units and a private preschool and kindergarten.

"It's a real opportunity we have here to ensure there is more affordable housing in the neighbourhood," Mayor Gregor Robertson said, noting that renting is cheaper than owning in such a desirable location and that the developer will pay millions for social housing.

The tower, however, is almost comically larger than guidelines for the area dictate. At 320 feet, it will be more than four times the limit of 70 feet.

The extreme difference wasn't lost on angry citizens who feel they can't count on guidelines and that "everything is up for grabs" for developers, Coun. Elizabeth Ball said.

City planner Brian Jackson acknowledged the city can ignore the guidelines when there's an especially sweet deal, such as the one this particular developer offered.

"We kind of push the envelope when there's a significant public benefit," Jackson said.

A rendering of the tower to be built on the corner of Emery Barnes Park at Helmcken and Richards. CONTRIBUTED/CITY OF VANCOUVER

There's no doubt the building will impact views, he said, but the area can handle the extra traffic and there are no empirical studies that suggest social housing lowers property values.

The apparently ironic NIMBY attitude was not lost on Coun. Andrea Reimer, who said low-income residents became a minority in "their own community" in just 20 years.

Coun. Adriane Carr, however, said the city is on a "dangerous path" by exceeding height guidelines.

"Where do the trade-offs end?" Carr said.

EMILY JACKSON/METRO

Safety measures considered for Causeway

A woman was killed in May after falling into the Stanley Park Causeway. PASCAL THOMPSON/METRO FILE

The province is considering installing barriers, sidewalk widening, and/or separate pathways for pedestrians and cyclists on the Stanley Park Causeway, in response to the death of a cyclist who fell off the narrow shared sidewalk there in May.

The 61-year-old woman was riding near the Lions Gate Bridge when she bumped into a pedestrian, tumbled into traffic and was hit by a city bus.

Minister of Transportation Todd Stone said in the legislature last week that his ministry's joint review of the tragic accident with the City of Vancouver and Park Board is nearly complete, and should be released by the end of the summer.

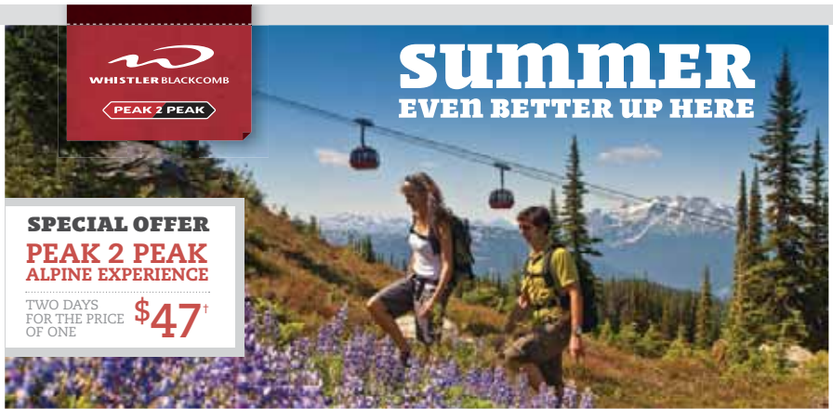
"The tragedy ... obviously gave us all a pause," Stone said in response to a question from NDP Vancouver-West End MLA Spencer Chandra Herbert.

"Certainly, our thoughts are with the family of the person who lost their life.... I want to assure the (MLA) that the Ministry of Transportation is absolutely committed to developing a plan for improvements."

ICBC statistics show there have been three other recorded cyclist accidents on the Causeway and approaches to the Lions Gate Bridge in the past five years.

But Chandra Herbert said those don't include close calls, and he has heard of other recent incidents from bus drivers.

He said improved safety could open the door to promoting cycling on the Lions Gate as a tourist attraction, which he would not currently recommend. KATE WEBB/METRO



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DID YOU KNOW?
FACT:
Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower[1] and smartphone monthly plans are actually less expensive in Canada than in the United States.[2]
Source:
(1) Wall Communications Report, prepared for CRTC, July 2013.
(2) Scotiabank, March 7, 2013
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BC Ferries. Three new ferries added to fleet

BC Ferries is planning to build three new medium-sized ferries — that may run on liquefied natural gas — to replace aging vessels on two southern routes.

The proposed new ferries would replace the Queen of Burnaby, which sails between Comox and Powell River, and the Queen of Nanaimo, which sails between Tsawwassen and Southern Gulf Islands. Both vessels are approaching 50 years and are scheduled for retirement in 2016.

"It's great news for us and our customers, especially in Powell River and Salt Spring Island and the Southern Gulf Islands," Mike Corrigan, CEO of BC Ferries said Tuesday.

He said the cost of the new vessels will be in the "hundreds of millions," but the exact capital expenditure approved Friday by BC Ferries Commissioner Gordon Macatee, will remain confidential until the procurement process is complete.

"We want a competitive process with international and Canadian yards. We want to make sure we get the best bang for our buck and we don't compromise the process by announcing the cost of the project," Corrigan said.

The procurement process, which will begin later this month with an official request for pre-qualification to Canadian and international shipyards, will also explore the costs of building and operating liquefied natural gas (LNG) powered vessels.

Capacity

Two of the new ferries, both designed to carry 145 vehicles and up to 600 passengers, are expected to enter service in 2016. The final ferry, designed to carry 125 vehicles and up to 600 passengers, will begin service in 2017.

JEFF HODSON/METRO

'Last batch.' Suspected Stanley Cup rioters reach final round (of charges)

Two 14-year-old boys are among those facing charges for taking part in the June 2011 Stanley Cup Riot, Vancouver police said Tuesday as they recommended 118 new charges against another 27 suspected rioters.

Police have now recommended 1,204 charges against 352 people. It is, however, likely the "last batch" of charges recommended to Crown by the Integrated Riot Investigation Team.

VPD Superintendent Dean Robinson said that while the team is smaller than it was in the beginning — it sits at 10 members, down from about 50 in the month following the riot — the investigation is ongoing.

An investigator with the team, Det.-Const. Caedmon Nash, added that future charges would trickle down "one or two at a time … against newly identified targets or for additional offences that we see from video existing targets have committed.

"But this will be the last batch delivery to Crown."

To date, the riot investigation has cost $2 million in additional policing costs, Robinson said. JEFF HODSON/METRO

Traffic moves along Point Grey Road, which could be closed to commuting cars in order to complete bike routes if a proposed plan goes through. JENNIFER GAUTHIER/METRO FILE

Hordes weigh in on Point Grey bike lane

Kitsilano. Nearly 200 sign up to have their voices heard on plan to build bike lanes on York Avenue, seaside routes in False Creek, Jericho Beach

Vancouverites packed into city council Tuesday for a marathon session on proposed road changes in Kitsilano that place a premium on pedestrians and cyclists over drivers.

Nearly 200 citizens signed up to speak to council about the plan, which includes building bike lanes on York Avenue and closing Point Grey Road to commuting cars in order to complete the gap between seaside routes in False Creek to Jericho Beach.

Proponents and naysayers voiced equally strong opinions on the proposal.

"It's really very difficult to underestimate the benefits of active transport," said John Carsley, medical health officer at Vancouver Coastal Health, applauding the city for encouraging healthy behaviours such as walking.

But Jill Weiss of the city's persons with disabilities advisory committee was less impressed.

"A plan that removes vehicle access and parking on a street that does not have transit is not a plan for all ages and abilities," she said. "It's a plan for young, able people that can walk and cycle substantial distances."

While Weiss's committee does support the city's transportation goals, along with the Comox greenway, the city did not consult the committee for this plan until the last minute, she said. She called for a rewrite. The meeting is expected to spill over to sessions on Wednesday and Thursday in order to hear all the speakers.

While the folks at city hall discussed the new cyclist-friendly infrastructure, the Vancouver police set up a helmet-ticketing trap just south of the Burrard Bridge along the proposed route.

EMILY JACKSON/METRO

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Safe in the arms of the Duchess of Cambridge, the new royal baby, born Monday, is introduced to the public at St. Mary's Hospital on Tuesday. JOHN STILLWELL/THE ASSOCIATED PRESS

Naming the U.K.'s next generation

The first chapter. British bookmakers have taken thousands of bets on the monikers George and James

The Victorians. The Edwardians. The Elizabethans.

Royal names can define a generation. So imagine the pressure on the new parents to pick the right one.

Now that Prince William and his wife Kate have a baby boy — the third in line for the throne — they must choose the name for a royal who may take Britain into the 22nd century. They'll start by considering British monarchs from the past.

Elizabeth I offered her name to the golden era in which Britannia ruled the waves and the Elizabethans consolidated a renaissance of national prosperity. Victoria's reign was defined by rapid industrialization with straight-backed Victorian morality. Her son, Edward VII, lent his name to the champagne and cigar period before the First World War in which the rigid class system came under attack.

With so many people to please — inside and outside the palace walls — the House of Windsor is likely to pick more than one name for the boy who was born in London on Monday. After all, his father Prince William, a.k.a. William Arthur Philip Louis, has four.

There may be a nod to great grandfather Prince Philip, or grandfathers Prince Charles and Michael Middleton, Kate's father. Or King Arthur. Or a host of other dead kings.

But the first name, that has to hit the right note. It is likely to hang around a bit.

THE ASSOCIATED PRESS

Historic task

"Names do define an era."

Robert Lacey, a royal historian who has written books on Prince William's mother and grandmother

Train safety

Transport Canada toughens rules

Canadian transportation authorities banned one-man crews for trains with dangerous goods Tuesday, responding to calls for tougher regulations after an oil train derailment in Quebec killed 47 people.

Transport Canada also said trains with dangerous goods will not be allowed to be left unattended on a main track. Hand brakes must be applied to trains left one hour or more.

The tragedy occurred when a runaway train carrying 72 carloads of crude oil derailed. THE ASSOCIATED PRESS

Let it be free. Survivors of Lac-Mégantic disaster invited to see Sir Paul

Hearing music icon Paul McCartney play Tuesday night on Quebec City's historic Plains of Abraham was a little more special for Caroline Tremblay than the average rock fan.

Her husband was a big admirer of the former Beatle.

Tremblay's husband, Guy Bolduc, was among the dozens killed when fireballs from an exploding train devastated Lac-Mégantic's downtown and engulfed the bar where he was performing.

"He adored Mr. McCartney," Tremblay wrote in a moving letter to promoter 3 E Event, Experience, Emotion, which offered free tickets to the musician's show for Lac-Mégantic survivors.

"You have allowed my children and me to discover the musical universe of this great artist and (a chance to) bathe in music at a party surrounded by our friends."

The free ticket idea was floated to McCartney's team by the promoter at the beginning of last week. The former Beatle's entourage quickly agreed. THE CANADIAN PRESS

A child poses for a photograph in a Gypsy camp in Wissous, outside Paris, in August 2012. JACQUES BRINON/THE ASSOCIATED PRESS FILE

‘Maybe Hitler didn’t kill enough of them’

France. Lawmaker on defensive after comment about Gypsies made public

A French lawmaker is defending himself against accusations that he told a group of Gypsies he wished the Nazis had killed more members of the minority during the Second World War.

Gilles Bourdouleix, a member of parliament and mayor for the town of Cholet near Nantes, had a confrontation with Gypsies on Sunday, when he visited a field where Gypsies are illegally living in caravans. He asked them to leave.

The Courrier de l’Ouest newspaper, which had a journalist at the scene, reported that some of the Gypsies made Nazi salutes at Bourdouleix and that he responded by saying: “Maybe Hitler didn’t kill enough of them.” On Monday, the paper released a recording on its website on which the lawmaker can be heard saying that.

Bourdouleix said he was merely repeating a statement the journalist had made.

THE ASSOCIATED PRESS

A painful history

Europe’s Gypsies were deported to concentration camps by the Nazis during the Second World War.

Alleged torture

Dutch court blocks extradition to U.S. of terror suspect

Dutch judges blocked the extradition Tuesday of terror suspect known as Sabir K. to the United States, saying he was tortured in Pakistan after his 2010 arrest and it is unclear whether American authorities had any involvement.

THE ASSOCIATED PRESS

War criminals

New campaign targets last remaining Nazis

With 2,000 placards displayed in the German cities of Berlin, Hamburg and Cologne, the Simon Wiesenthal Center launched another campaign to find and prosecute Nazi war criminals while they are still alive.

THE ASSOCIATED PRESS

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Expensive cities for expats

Vancouver is pricey, but it's no Luanda

A new study says Vancouver is the most expensive city in Canada, but it doesn't crack the top 10 as one of the costliest cities for expatriate employees to be transferred to because of their jobs.

The city of Luanda in Angola is the world's most expensive city for expats. THE CANADIAN PRESS

Market Minute

DOLLAR 97.23¢ US (+0.56¢)

TSX 12,745.38 (-13)

OIL $107.23 US (+0.29¢)

GOLD $1,334.70 US (-$1.30)

Natural gas: $3.74 US (+ 0.7¢)
Dow Jones: 15,567.74 (+22.19)

I'll take those in yellow, pink and black, please. Economists say a stunning jump in Canadian retail sales in May points to stronger economic growth. KEITH BEATY/TORSTAR NEWS SERVICE FILE

Shopaholics' spending shocks economists

In the mood to splurge. Canadians indulged in some retail therapy, surprising experts and boosting expectations for economic growth

Canadian consumers went on a shopping spree in May, triggering a stunning jump in retail sales that will almost certainly help boost second-quarter economic growth beyond expectations.

The raw numbers surprised economists, who had expected a modest 0.4 per cent bump. Instead, Statistics Canada said the retail sector in May boosted sales five times that, by 1.9 per cent, to $40.4 billion.

Particularly meaningful for gross domestic product growth, sales in volume terms also expanded by 1.9 per cent, meaning the increase was not related to currency fluctuations.

"It's hard to say what happened. Everything went right, it seems," said Jimmy Jean, an economist with Desjardins Capital Markets.

"We're probably seeing a little bit of catch-up because since 2011 sales have been almost flat." THE CANADIAN PRESS

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

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2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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SHAMING THE COUCH CRITICS

JUST SAYIN'

Mike Benhaim
Guest columnist

The way I see it, our culture is separated into two groups: Those who do, and those who watch. While most of us would rather be 'doing' even half of the things we're 'watching,' it's much safer to sit on high horses atop ivory towers in glass houses throwing stones and pointing fingers and such. It's like playing a game of truth or dare, only when it's our turn, we pass. How wonderful it is to keep our secrets hidden while watching others exposed, sitting in judgement, silently thanking the heavens that no one video-taped that drunken night in Thailand with the woman you can't be sure really was.

Hence our fascination with reality TV. We've gone from being spectators to a society of shameless voyeurs.

And though I try to be, I am no better. There was never enough alcohol to make me watch Jersey Shore, and every brief foray into an episode of Keeping Up With The Kardashians ended with me rocking back and forth in the fetal position praying for Armageddon. But I have watched my share of these shows, and the stench of that shame still lingers.

Even worse is the news. Reality stars sign releases, but when the media gets hold of a real scandal, look out! When it was discovered that Tiger Woods was having extra-marital affairs, even the male newscasters sanctimoniously shook their heads in disappointment. Really? Where's Heidi Fleiss when you need her?

Now I don't condone cheating, but most men are barely shocked when a friend bangs the cafeteria lady at the YMCA, let alone a celebrity athlete shagging an exotic swimsuit model. Ladies, there are many respectable men out there, but at least a portion of every day is occupied by fantasies best unshared. Yet when someone acts on them and gets busted on Cheaters, you can turn to your wife and say, "That's shameful."

And how many of us can sing as well as contestants on The Voice or American Idol? It doesn't stop us from critiquing their choice of arrangement or pitch. The couch is the new judges' bench.

Until recently, viewership has always been about the vicarious thrill of those we could only dream of emulating athletes, superheroes, models or rock stars. Now we spend our time peering into the dysfunction of people whose lives make us feel better about our own. That is, until we discover we've made them rich. Yeah, it's one thing watching strangers pinpoint their child's paternity on Maury Povich, but it's quite another when Honey Boo-Boo moves into the house next door. That's when we collectively unleash that torrent of negative energy that ultimately begs for their failure.

Again, I stand among you, guilty of the very transgressions I denounce. I simply wonder if our collective karma is not better served 'watching' what inspires our highest 'doing,' and affecting change from there. Just sayin'.

Paul Sullivan will return July 31.

ZOOM

It's a ribbiting piece of art

JOHANNES STÖTTER/BNPS/REX FEATURES

Baring it all for a photo shoot

It looks like a colourful tropical tree frog but on closer inspection you can see five human models adorned with body paint posing in dramatic forms so as to appear like a wondrous amphibian. Italian-born artist Johannes Stötter spends up to five months painstakingly planning and perfecting each work.

METRO

Adapting to canvas

Stötter, whose creations won him the World Bodypainting Festival title, said the key to success is to know when to pause and reflect on what to paint.

"If I paint on the model non-stop, I can't tell if the work is good or not. I have to pause and think. This is where the surprising elements of a warm and alive skin-canvas emerge and I see how to adapt the artwork." METRO

Artist's viewpoint

"The biggest challenge is to create the artwork in a beautiful but fast manner. I use people and not a canvas, so I can't spend days on end painting."

Johannes Stötter
Bodypainting artist from South Tyrol, in Italy

Painstaking painting

8

hours is how long Stötter takes to complete each work of art using special breathable paint.
Stötter added: "While a canvas painting lasts forever, a bodypainting exists only for a few hours. That makes the work even more special and visually powerful."

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

As cycling season is in full swing, so too is bike-theft season. In an effort to ensure that 'nooooooo' moment, when you realize your bike is gone, never happens, we've looked into digital tools to stash in your pannier to keep your ride safe.

MARCO GOMEO

Spike Bike

Kind of like Find my iPhone, but for your bike. A small GPS device attaches to your bike (under the seat, behind a water bottle cage or somewhere else discreet) and lets you track your bike through your phone. You can also track your own rides, which you can brag about later to your friends using Spike Bike.

Bikeshepherd.org

Not only can you register your ride on Bike Shepherd, you can also buy tags that can help recover your bike if it does succumb to the lock-cutting hands of bike thieves. While the tags help you find your stolen bike, they also act kind of like a neighbourhood watch sign, or guard dog to dissuade thieves from pulling the fast one in the first place.

Racklove

Based out of San Francisco ("ground zero for bike thieves"), this bike-loving community is a place where people can not only buy and sell bikes, but also lets you set an alert if your bike matches one that appears on an online ad. While it works in the U.S., they're still building the network up here.

Twitter

@metropicks asked: Should cyclists be ticketed for riding on the sidewalk, or is the road too dangerous?

@fajnamarta90: Car hitting a person is much more deadly than a cyclist hitting a person on the sidewalk. For this reason- No ticket.

@BikeBikeYYC: Sidewalk cycling is an indicator that more (any?!) bike infrastructure needs to be built.

@ruebyretro: Yes, with a focus on those who do so with complete disregard for pedestrians including bells & speed.

@BikeBikeYYC: IMO these "sidewalk bikelanes" add to the confusion about where to ride and also create danger for ppl

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SCENE 2

Analysis

What's old is new with Wolverine

IN FOCUS
Richard Crouse
scene@metronews.ca

Other than Captain Canuck, Wolverine is the best known superhero to hail from the Great White North.

According to his comic book backstory he was born in 19th century Canada — Northern Alberta to be exact — and served in the First Canadian Parachute Battalion before being recruited by Team X, a CIA black-ops group. When movie fans first encountered the character, however, little was known about him.

At the beginning of the original X-Men movie he was suffering from memory loss and couldn't remember how he became a superhero with retractable bone claws, made of the near indestructible metal alloy adamantium bonded to his skeleton and a healing ability that allows him to quickly recover from virtually any wound, disease or toxin.

This weekend The Wolverine continues the story, although star Hugh Jackman is quick to point out that it is not a sequel.

"With an all-new cast and setting it in Japan, it's going to give us a whole new visual esthetic," he told Total Film.

With this film, Jackman emerges as the first actor to play a comic book hero in more than four consecutive films since Christopher Reeve as Superman.

Learning to do what you need to do to get done

Interview. Aubrey Plaza talks about how her new film, The To Do List, is putting a fresh take on an old theme — people losing their virginity

NED EHRBAR
Metro World News in Hollywood

For Aubrey Plaza, discussing her new film, The To Do List, offers far too many opportunities for oversharing. The '90s-set film follows Brandy (Plaza), a type-A brainiac determined to start college sexually experienced by way of a detailed — if unromantic — list of activities to check off. And Plaza is having trouble keeping her own list to herself.

The To Do List flips the script on the story of young people trying to lose their virginity. HANDOUT

Considering the sexual frankness of the film, how awkward have the interviews gotten?
People keep trying to trick me into telling them about my first sexual experiences, and then I almost am like, "Well, when I was … wait a minute! I don't need to tell you that. That's for my own brain to remember." For some reason this movie kind of makes you think that it makes sense to ask about (this). But no, nothing's been awkward, except for me because I'm always awkward in interviews.

Do you find it weird or insulting that Hollywood always acts so surprised when a female-focused comedy does well?
Yeah, I feel that. I don't know why. There's just as many women as there are guys, so you would think that it wouldn't be shocking that there's a female audience and that there's people out there interested in seeing female-centric movies.

Do you think The To Do List would work in a contemporary setting?
I think there could be a story about a girl going through her firsts, because I think that's just a universal thing that happens, but I don't think this story could be told in 2013 for many different reasons. This movie was set in a time when people didn't Google everything and people weren't figuring things out online, which I think is the case nowadays. Who knows what teenagers are doing these days. I don't know. I mean, I'm 29 and I feel totally out of touch.

Things have changed at such a rapid pace that who knows how people are learning anything or where they're getting their information.

It's great to see a movie taking the awkward teenage sexual experience, which is usually told as a guy's story, and showing the girls' side.
Being frank about sexual things? I know. That's one of the reasons that I wanted to do the movie, because I'd never really read anything that truthfully explored that time in a girl's life, just a really frank portrayal of a girl figuring out how to do really simple things — well, I don't know if they're simple. Just really basic sexual acts. I don't know, everything I say sounds wrong (laughs). Just make me sound better and smarter.

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Lindsay Lohan.
ALL PHOTOS GETTY IMAGES

Lohan ready to get on with her life post-rehab

Lindsay Lohan is due to end her latest stint in rehab next Monday, and in preparation she's reportedly looking to do away with as many bad influences as she can, according to Radar Online.

"She has not been this good in a long, long time. She's come 180 degrees from where she was. It's amazing," a source says.

"It's very clear to her now who she needs in her life and who she needs to keep out of her life."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Amanda Bynes having one of those good news weeks

THE WORD
Dorothy Robinson
scene@metronews.ca

I have tried to keep Amanda Bynes out of The Word because she's obviously mentally unstable and her highjinks are more sad and disturbing than amusing. However, this item caught my eye: The former actress is now being hospitalized for setting a fire in the driveway of a stranger's home in Thousand Oaks, Calif.

The cops investigated the former child-star-turned-Gremlin and determined she needed to be hospitalized on a 5150 hold, which is an involuntary hospitalization for mental evaluation that lasts 72 hours.

So this is good news. Maybe she will now get the help she needs because it appears she has other problems.

Bynes has reportedly jeopardized the last important relationship she has left by allegedly stealing from her pot dealer, according to Radar Online.

"Amanda's dealer used her bathroom while he was there and she jacked his weed," a source says of the troubled NYC-based actress.

As a result, the dealer has reportedly dropped Bynes as a client .

"He won't go to her anymore," the source says.

So, maybe this is more good news.

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Abbot is one of the late Chan Master Sheng Yen's Dharma heirs. Born in 1953, he became ordained in 1986. In 1991, he studied Theravada meditation by entering a solitary retreat in Thailand. Upon returning to DDM, he continued to assist the Master in leading numerous meditation retreats in Taiwan, Southeast Asia, and the United States for 20 years, including the first 49-Day retreat held at the Dharma Drum Retreat Center, New York in 2000.

...August 3rd to September 4th, through scientific approach and logical deductions, accompanying with everyday examples, stories and practical methods, Abbot Venerable Guo Xing will personally teach and guide us on how to better manage our emotions and our reactions to the world around us, in turn to liberate ourselves by affirming the world and at the same time not attaching to it.

Free admission to all activities, while approval of application and registration are required for some.

Surangama Sutra - a scientific, logical & practical guide to find peace in life (Dharma lecture series)
Date: August 3, 4, 6, 7, 13, 14, 27, 28; and September 3, 4
Time: Tuesday & Wednesday: 7 - 9:30 pm; Saturday & Sunday; 2 - 4 pm
(Your full attendance to this lecture series is encouraged, but not required.)

One-day Chanting Amitabha Chan Retreat
Date: August 5, 2013 (BC Day)
Time: 9:30 am - 5:00 pm
Practice of Chan and Pureland in concert to arrive at the state of one-mind, Abbot will guide us how to apply Chan method when chanting "Amitabha', in turn to help us incorporate mindfulness in our daily activities and in our interactions with the environment and people.

7-day Intensive Huatou Retreat
Date/Time: 5:30 pm August 16 - 5 pm August 23, 2013
Approval of application is required.
By means of intensive practice in a 7-day silent and residential environment to mindfully practice the method of Huatou (before the word is uttered), Abbot will provide guidance and personal interviews to help us untie our afflictions in life, concerns of birth and death, in turn, help us liberate ourselves by affirming the world and at the same time not attaching to it.

Mind at Work workshop
Date: September 2, 2013 (Labour Day)
Time: 9:30 am - 5 pm
Registration is required. Please send your name and phone number to info@ddmba.ca or call 604-277-1357.
Through scientific approach and logical deduction, practical methods and hand-on exercises, Abbot will lead us to investigate and analyze the mind at work for better managing our emotions and our reactions to the world around us, and, for being more focused, efficient, more loving and more happy every day, in turn, for finding peace in life.

Details of these upcoming events:
http://www.ddmba.ca/ddmba/upcoming_events.php

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LIFE 3

Countdown to Glasgow 2014

Commonwealth Games. Scotland's largest city gears up to host thousands of elite athletes next summer

KATHY BUCKWORTH
life@metronews.ca

In one year, on July 23, for the first time, Glasgow, Scotland will welcome more than 6,500 athletes and team officials to the 2014 Commonwealth Games. While rival city Edinburgh has hosted twice, the people of Glasgow are excited to put their own unique stamp on this elite athletic competition, which will run until Aug. 3, 2014.

"From the beginning, the Commonwealth Games has not just been about the sport, but the arts, and the community as well," says Kate McCheyne, Public Relations Manager for the games. While the athletes themselves won't descend upon the city until July 2014, the venues which will be used for the events will all have been completed, or refurbished, a full year before the games, allowing the community to enjoy the facilities before and, most importantly, after the games.

This is a sentiment reinforced by John Egan, of GlasgowLife, who is responsible for the management of the Sir Chris Hoy velodrome, where both the cycling and badminton events will be held. "There's a misconception that the velodrome was built just for these games," he said of the facility, which opened in October, 2012, "But it was built for Glaswegians." Since the doors opened, (as of time of writing) at least 130,000 locals have passed through the doors to take advantage not only of the cycling track, but the state of the art gym (supplied with Technogym equipment, supplier to the Olympics). Sports are an integral part of the city, with an estimated 10,000 jobs in the field.

But it's not just the residents of Glasgow who are embracing the spirit of the games. When the call for volunteers went out, more than 50,000 applied from across the U.K., with only 15,000 to be in the final selection.

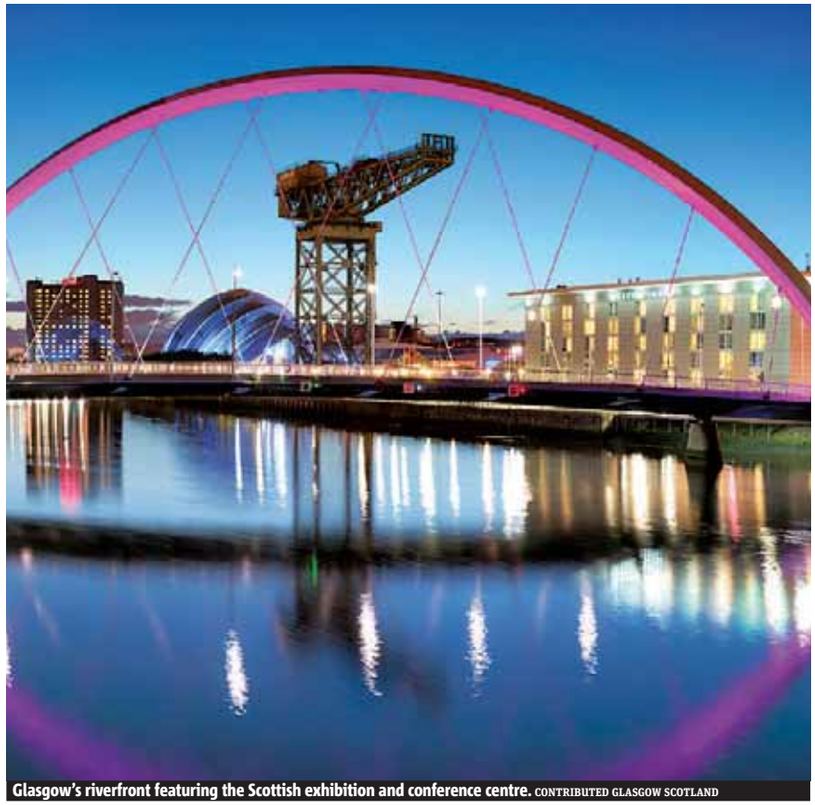
Accessibility is also a key theme for the games. One million tickets will be on sale from Aug. 19 to Sept. 16, both online and via paper application, and can be paid for either online, or via cheque or postal order, which is very unusual in today's electronic ticketing world. Tickets will be priced as low as $23.73, and at half price for children, with "babes in arms" (under two years) free of charge.

There is very much a youth focus on the games, with half of the athletes under the age of 25. The games mascot, Clyde, was chosen out of a contest open only to children, and out of 4,000 applicants, won by a 12 year-old girl after rounds of blind judging. The Glasgow 2014 tartan was designed by Aamir Mehmood, an arts student who beat out thousands of entries from more than 300 schools, and the digital media game has proven a hit with young fans. And for the first time, the volunteer age has been dropped to 16.

The Games has learned many valuable lessons from their Olympic counterparts, and many team members from the Glasgow Commonwealth Games shadowed their counterparts in London to learn. One of the main complaints about the London Olympics (my own personally, being over there at the time) was that tickets were not readily available, many of them having been given to corporate sponsors.

This frustration was compounded by the fact that sponsors did not utilize the tickets, and scalping or reselling of tickets was heavily enforced, leaving many empty seats in venues. In Glasgow, 70 per cent of tickets for each event are guaranteed to go to the public.

Unlike the Olympics and its Torch Run, which includes many torches, the Queen's Baton Relay of the Commonwealth Games is just one baton, which will have a message inserted in it, to the athletes, from the Queen. The baton is run person to person across all Commonwealth nations, including a jaunt in Canada scheduled for April 26 (cities to be announced).



Glasgow's riverfront featuring the Scottish exhibition and conference centre. CONTRIBUTED GLASGOW SCOTLAND

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DOUG WALLACE
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Whisky is aged in oak casks, obtained from bourbon distilleries in the U.S. (where it's required by law to only use a cask once) or from Spanish sherrymakers. This lends the whisky the flavours of the cask's previous occupant. Whiskies are either blended or single malts, produced in six Scottish regions, each with its own signature traits. To qualify as a single malt, whisky must be 1) made in Scotland, 2) bottled in Scotland, and 3) aged at least three years. The age on the whisky label always refers to the youngest whisky in the blend.

Whisky regions

Speyside: Home to the Malt Whisky Trail, this is the northern region on the banks of the River Spey between Inverness and Aberdeen, where more than half of Scotland's distilleries are found. Though hard to categorize because there are so many to choose from, these whiskies have a stronger character, with slightly smoky toffee and floral notes. The concentration of distilleries here dates back to a time when whisky was illegal, and the moonshiners needed seclusion amongst the rolling hills and winding roads. It's also no coincidence that the water here is top notch.

Highlands: Essentially, all the area around Speyside. Lighter, sweeter flavours take the stage here, with more nutty and floral traits.

Lowlands: Everything south of the line between Edinburgh and Glasgow. Whisky here is often triple-distilled, similar to Irish whiskey (note the different spelling), resulting in a lighter, smooth and mild taste.

Islay: Distilleries on this island off the west coast employ peat to dry the barley, which imparts a heavier, smoky, salty flavour.

Water? Ice? Drink whisky however you like. TIM STEWART

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Dinner. Rotini with Fresh Tomatoes and Herb Pesto

1. Bring a large pot of water to a boil. Cook pasta according to package directions.

2. While pasta is cooking, in a large skillet, sauté tomatoes in 1 tablespoon olive oil.

3. Combine all dry ingredients, including garlic, in blender. Pulse for 10 seconds or until finely chopped.

4. Drizzle in remaining olive oil and a few ice cubes slowly to create the pesto. Place pesto in bowl and add 1/2 cup pasta cooking liquid. Drain pasta and toss with pesto and tomatoes. Top with shredded cheese. Season with salt and pepper. **NEWS CANADA/ BARILLA.CA**

Ingredients

- 1 pkg Barilla PLUS rotini
- 4 plum tomatoes, diced
- 2 tbsp, plus extra virgin olive oil
- 1 clove garlic
- 3 sprigs marjoram
- 3 sprigs oregano
- 6 leaves basil
- 1 tbsp parsley
- 3 sprigs thyme
- 1/4 cup walnuts
- Few ice cubes
- 1/4 cup skim or nonfat ricotta salata, shredded
- Salt and black pepper

Drink of the Week

Mango Basil Lemonade

This exotic and refreshing recipe is perfect for a summer party on the patio.

- 1.5 oz Hennessy V.S
- 1 oz fresh lemon juice
- .5 oz mango purée
- .5 oz simple syrup
- Soda water to top
- Basil leaf and lemon wheel to garnish

Shake all liquid ingredients except soda water and strain into a Collins glass with fresh ice.

Top with soda water and garnish with a basil leaf and a lemon wheel.

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Hello, my name is Future Hire

A meeting of mass construction. How to make the very most of your first conference experience

JESSICA CRUZ
TalentEgg.ca

Aside from that free cup of coffee, you might just pick up a new career plan.
ISTOCK

The word conference sounded nerve-wracking, intimidating and "too professional" to me as a fresh university student.

In second year, I received a Facebook event invitation from a student group hosting a conference at our school. My first thoughts were about business suits, business cards and business etiquette — no place for a second year communications and writing student like myself. The conference tagline emphasized entrepreneurship, business and technology. None of my friends wanted to go, so I decided to let the opportunity pass. A few days later, I opened an email in my inbox that mentioned free tickets to the conference. I emailed back, not knowing the new doors that would soon open.

Luckily, I knew a few of the conference committee members, who introduced me to other people. I picked up a name tag, registration bag and schedule. I looked at the schedule. There were different categories in different rooms with different breakout sessions including marketing, entrepreneurship and design. Their sponsors list also showed companies in fields I was interested in. I planned my day based on the speaker profiles and learned many new things during the day.

Networking
The important thing is to ask questions. At first, I talked to everyone and gave them all my business card and added them all on LinkedIn. Over the past couple of years, I have learned to maintain contacts with a small number of people (as they say, "quality over quantity"). It never hurts to start up a conversation with the speakers, employees or other conference delegates. Everybody attended for a reason and you never know who can help you. The key is strategic networking and singling out which companies and resources will be most beneficial.

Company showcases
Company showcases offer students with more opportunities to network. Start-ups, non-profit organizations and large businesses that attend these events are looking to hire students. If not, they wouldn't be there. I learned about new opportunities in marketing and design. I also learned about creative recruitment agencies, something I didn't even know existed before.

Making valuable connections
Keep business cards and contact information on you. If you don't have a business card, make a simple one with your name, program and expected degree. It's an easy way to give your contact information during quick interactions as chances are other people may swarm the person you talked to.

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Words of wisdom

What's the point of inspirational talks? That's what I thought at first. I had the power to choose which talks I attended

- The program booklets usually have speaker and topic descriptions. Even if it's something you don't know about, give it a try.
- The quality of experience that these professionals bring to these talks gives valuable knowledge that cannot be found in the classroom.
- I also found it helpful to introduce myself to the speakers and follow up with them.

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Location: SFU Beedie School of Business, 2800 CN Strategy Room
Date: July 30, 2013 • **Time:** 6:00PM-9:00PM
*Refreshments will be provided

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Program	Campus
Adult upgrading & university transfer Wednesday, July 31, 4:30 p.m. – room 1227	Broadway
Apprenticeship training: Labour Market Agreement (LMA) Wednesday, July 24, 12 p.m. – room 207	Downtown
Auto collision repair and auto refinishing Wednesday, July 24, 5 p.m. – lobby, building B	Broadway
Culinary arts and Asian culinary arts Friday, July 26, 9:30 a.m. – room 112	Downtown
Hospitality management Wednesday, July 24, 6 p.m. – room 420	Downtown
Skin and body therapy (esthetics) Wednesday, July 24, 4:30 p.m. – room 201	Downtown
Transportation trades Tuesday, July 30, 11 a.m. – lobby, building B	Broadway

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Give me a break and I'll mind my own business

You can't have one without the other.
Why taking a vacation is just as important as taking that next call

MEGHAN GREAVES
TalentEgg.ca

Did you know that 40 per cent of the Canadian workforce is feeling the effects of vacation deprivation? And that more than 50 per cent of young Canadian workers are feeling it too (the highest rate for all age categories)? This is just some of what this year's Annual Deprivation study found when surveying Canadian workers from coast to coast.

To find out what's behind these numbers and what career-hatchers can do to prevent themselves from feeling the negative effects of vacation deprivation, we talked with Beverly Beuermann-King, a health and wellness professional and work-life balance expert who was a key player in the study.

Why work-life balance is important

"Finding work-life balance is especially difficult for students and new grads as they're used to having irregular schedules," Beuermann-King explains. "What do we see most of when life is out of balance or we've been pushing ourselves for too long? More headaches, indigestion, muscle aches and sleep problems."

Though it's possible to keep this pace up for a bit, eventually things start to catch up. These problems become more chronic and start to take their toll on our systems in the form of diabetes, obesity and depression.

Achieving that balance

One way to achieve a work-life balance, Beuermann-King says, is to talk with your employer about their wellness policies. Ask about their thoughts on vacation time and how they make sure employees don't get burned out. Be aware that talking with your employer about their wellness policies is just one step of the process, though. You still need to be making sure that you're eating properly, getting enough rest and being active to keep your body and mind healthy.

Vacation deprivation and new grads

Vacation deprivation is when you're not using all of your vacation time or when you feel as though you don't have enough time off. According to the study, vacation deprivation rates were highest in young Canadian workers.

Beuermann-King believes the younger generation is feeling it the most because we're new to the workforce and haven't accumulated very much time off yet. We also have a very different view of the workplace than older generations.

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Sun, sand and sanity

Here are just some of the ways that vacation deprivation can negatively affect a new grad personally and professionally:

- Decrease in creativity and productivity
- Becoming short-tempered
- Finding yourself dozing off in the middle of the afternoon
- Drop in drive, passion, enthusiasm and love of your job

Your thoughts?

@TalentEgg: #Questionofthe-Day: What do you do to get yourself back into work-mode if you hit an energy slump?

- **@MarinighPR:** I take a break, go for a walk, go get something to eat, then come back to it!
- **@kristieleanne_:** a playlist optimized for workflow is always key for me! Cue @ Songza or @8tracks
- **@mrooolf:** Water, fruit, and a little pump up music always does the trick!
- **@rosieehales:** Try working on something different for a bit or get some fresh air! If all else fails then I hit the coffee. #QuestionoftheDay
- **@danhybro:** Chatting it up with a co-worker or take a coffee break. #works-likeacharm
- **@janet_ha:** Create a work routine that gets you back into the groove. Whether it's the same seat, same work playlist or other ritual.

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Pavel Bure scores the winning goal against the Flames' Mike Vernon in the second overtime period on April 30, 1994. Bure will have his No. 10 jersey retired by the Canucks. THE CANADIAN PRESS FILE

Russian Rocket lifts off to Canucks glory

Pavel Bure. Team to retire No. 10 of former sniper next season

CAM TUCKER
cam.tucker@metronews.ca

Pavel Bure's time to have his No. 10 jersey with the Vancouver Canucks retired to the rafters of Rogers Arena has officially come.

A specific date for that event has yet to be announced.

Bure was in the house Tuesday night as the Canucks made the announcement during their Summer Summit for seasons-ticket holders.

During his seven seasons in Vancouver, Bure, dubbed the Russian Rocket for his exhilarating speed and skill, electrified the local fan base and was an instrumental part in the franchise's rise to prominence during the early 1990s.

Bure took questions from the fans and was grinning throughout the night. He left the stage to a standing ovation.

His presence in Rogers Arena was reported before he even made his way on to the stage, where he sat alongside Canucks general manager Mike Gillis, current head coach John Tortorella and host of the evening Barry MacDonald, of the Team 1040.

"It's a huge honour," he told reporters about having his jersey retired.

"I'm just really proud and happy … it just bring lots of good memories to be next to those great guys."

The guys he was referring to, of course, are Stan Smyl, Trevor Linden and Markus Naslund, who are the only three players in franchise history to have their jersey numbers retired.

Bure's time with the Canucks, which began on Nov. 5, 1991, was not without its controversy.

On the ice, he could bring the crowds to their feet and provided an array of highlight-reel moments throughout his tenure in Vancouver.

All totalled, he scored 254 goals and 478 points in 428 games with the Canucks.

During the team's run to the Stanley Cup Final in 1994, he scored 16 goals and had 31 points, as the Canucks lost in the seventh game of the championship series to the New York Rangers.

However, injuries hampered his later years in Vancouver, and his playing career here eventually came to a conclusion with a bitter trade demand, in which he sat out the start of the 1998-99 season before eventually getting dealt to Florida.

This has caused many fans to be split over whether or not Bure deserves to have his jersey retired. He chose not to reflect on that contentious issue.

"I'm just happy (with) what I have," said Bure.

Back on top

Gillis 'pleased' Luongo is No. 1 goaltender

With questions still surrounding Roberto Luongo's future in Vancouver, Canucks general manager Mike Gillis visited his now No. 1 goaltender in Florida recently.

Gillis, speaking to season-ticket holders at the Canucks Summer Summit at Rogers Arena, remained adamant that the relationship between he and Luongo had not been "strained" by the fact the organization had been trying to trade Luongo for more than a full year.

"We're pleased he's our No. 1 goalie," said Gillis.

The Canucks traded fellow goalie Cory Schneider to the New Jersey Devils at the 2013 NHL Draft.

Curling

Scotties BC championship comes to VanCity

The Vancouver Curling Club will host the 2015 Scotties BC Women's Curling Championship, the club announced on Monday.

The championship is scheduled for January 2015.

The Vancouver Curling Club is now located at Hillcrest Centre, the site of Olympic and Paralympic curling for the 2010 Vancouver Games. **METRO**

CFL

Durant named offensive player of the week

Quarterback Darian Durant was named the CFL's offensive player of the week after guiding the unbeaten Saskatchewan Roughriders to their fourth straight win.

Durant had 347 yards passing and four TDs in Saskatchewan's lopsided 37-0 home win over Hamilton on Sunday. The victory left the Roughriders (4-0) as the CFL's only unbeaten squad.

Riders linebacker Renauld Williams was named the top defensive player after recording two sacks and three tackles against Hamilton.

Saskatchewan receiver Rob Bagg captured top Canadian honours. The native of Kingston, Ont., had five catches for 125 yards and two touchdowns versus Hamilton.

Calgary Stampeders kicker Rene Paredes is the top special-teams player for the second straight week. Paredes hit four field goals in a 38-27 win over Montreal. **THE CANADIAN PRESS**

MLB

Jays lose sixth straight game

Adrian Gonzalez's three-run home run keyed a four-run eighth inning Tuesday as the Los Angeles Dodgers beat the Blue Jays 10-9, sending Toronto to its sixth straight loss.

Andre Ethier also homered in the eighth against Darren Oliver (3-2) and had three RBIs as the Dodgers erased an 8-3 deficit against a tired Toronto bullpen for their fifth win in a row. **THE CANADIAN PRESS**

ROBIN O'NEILL PHOTO

HIKE THE ALPINE WONDER ROUTES

It's July in Whistler, the sun is out in full force and there are so many cool things to do in this beautiful mountain town just an hour-and-a-half drive up from the city. Fresh air, great restaurants and beautiful lakes for swimming are just a few reasons to get up here.

One must-do activity is to head up the Whistler Village Gondola to access some of the most varied and spectacular alpine hiking and running on the continent. New this year, Whistler Blackcomb is unveiling the Alpine Wonder Routes, with more than 50 kilometres of beautiful trails at more than 6,000 feet above sea level.

The Alpine Vista Route is for those sightseers who want to enjoy the beauty of the alpine without breaking a sweat. After reaching the Roundhouse via the Whistler Village Gondola, you are then whisked across the Fitzsimmons Valley to Blackcomb Mountain via the record-breaking PEAK 2 PEAK Gondola. From there, guests can enjoy wildflowers, wildlife and amazing views as they descend to the bottom of Blackcomb Mountain via two open-air chairlifts.

The intermediate Alpine Lakes Loop starts on Blackcomb Mountain's Alpine Walk and flows through colorful wildflowers, which are just coming into bloom, and Blackcomb Lake before circling back to the PEAK 2 PEAK Gondola, where the loop continues on Whistler Mountain's Harmony Lake Trail.

Advanced hikers can enjoy The Top of the World Route that takes guests to the highest points on both Whistler and Blackcomb mountains, offering incredible panoramic glacier views in every direction.

The Overlord Vistas route is the most challenging and longest hiking route on Whistler Blackcomb, but includes stunning views of Overlord Glacier, Black Tusk, and Cheakamus Lake. Wildflowers are especially brilliant up top and you will be tempted to dip your toes into the many alpine lakes.

STUNNING VIEWS

Runners are able to enjoy any one of the alpine hiking/walking routes, but new this year is the Running Rooftop Route, a 10-kilometre, single-track route that offers stunning views of Garibaldi Provincial Park and Cheakamus Lake. This is for intermediate to advanced trail runners who love to explore.

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The 2014 Dodge Durango

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Review. Part Jeep, part Dodge, all family

MALCOLM GUNN
wheelbasemedia.com

It may seem like a stretch, pardon the pun, but if you're looking for more passenger room than a Jeep Grand Cherokee, you'll be looking for a Dodge.

The related Dodge Durango for 2014 actually uses the Jeep Grand Cherokee's bones, but finds room to fit up to seven passengers versus the Jeep's five. We told you it was a stretch. Actually, it's a rubber-band-like 13-centimetre stretch between the front and rear wheels with 25 extra centimetres added between the front and rear bumpers. That's enough to squeeze in three rows of seats with space left over to tote a decent amount of groceries, sports equipment, luggage or what-have-you.

The long-serving Durango was introduced for the 1998 model year as a truck-based sport-utility vehicle with body-on-frame construction, but the vehicle switched to a unitized (frameless) design for 2011. At that point, Durango sales ballooned as buyers began to embrace the vehicle for its exemplary cargo and passenger-toting capabilities. The 2014 edition that arrives this fall is more of an update than a full-on makeover, but the changes are still significant.

In back, there are new tail light pods containing light-emitting diode (LED) running lights along with Dodge's signature "racetrack" tail light system at the rear where an additional 192 LEDs fire up in milliseconds to keep inattentive tailgaters at bay.

Inside, there's a new three-spoke steering wheel and the instrument cluster has been reworked to accommodate the standard five-inch touch-screen info centre. Among the new options, second-row high-back bucket seats with an available full centre console can be ordered on all trim levels.

The Durango's engine compartment is familiar, with both the base 290-horsepower 3.6-litre V6 and the optional 360-horsepower 5.7-litre "Hemi" V8 returning for duty.

All-wheel-drive remains standard, but the drive system you get depends on engine choice. The V6 uses a permanently engaged system that automatically varies the torque between the front and rear wheels, depending on where it's needed. The AWD V8 comes with a part-time unit with a two-speed transfer case for when maximum torque is needed, such as when heading up an extra-steep hill.

The V6 is standard in the base SXT, R/T, new-for-2014 Limited and range-topping Citadel models (both rear and all-wheel-drive). The V8 is optional for the Limited and Citadel, but standard in the R/T.

Regardless of trim level, the Durango continues to deliver a level of ruggedness, interior capacity and outright performance swagger that few $40,000 to $50,000 sport utility vehicles can match at any price. And in terms of passenger count, it even outdoes the Grand Cherokee.

2014 Dodge Durango

- **Type.** Four-door, all-wheel-drive full-size sport utility vehicle
- **Engines (hp).** 3.6-litre DOHC V6 (290); 5.7-litre OHV V8 (360)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination)** $41,800

Interior & Technology

The new Limited receives a "limited" amount of gear destined for the Citadel, such as leather-covered seats (heated in front), heated steering wheel and an 8.4-inch (21-centimetre) screen for the Durango's "Uconnect" infotainment and mobile communications system.

Fuel economy

Without releasing specific numbers, Dodge claims that the new transmission will help increase the Durango's overall fuel economy by about nine per cent, which should translate into a modest improvement for the V6's current 13 l/100 km city rating and 8.8 highway, and the V8's 16.6/10 numbers.

Design

Dodge's stylists have tinkered with the vehicle's front and rear shape. There's a slimmer "split-hair" grille with a mesh-like backdrop and an enlarged lower air intake (also featuring the mesh effect).

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Unconventional yet irresistible

Autopilot. Nissan's DeltaWing exits early but wins more fans at Canadian racing debut

AUTO PILOT
Mike Goetz
drive@metronews.ca

DeltaWing's aerodynamics are courtesy of its rocket-like stylings. RICK DOLE

If you've ever wondered, like I have, what the world's most interesting man might drive if he raced cars, then wonder no more. The answer is Nissan's DeltaWing, the world's most interesting racing car.

DeltaWing made its Canadian racing debut at last weekend's ALMS series stop at Mosport (now officially called Canadian Tire Motorsport Park). As predicted, it immediately became the crowd favourite, from when it first showed up at practice Thursday morning to when it retired early, on lap 15, during Sunday's race. The early retirement, due to low engine oil pressure, was a shame, because the first of its co-drivers, Andy Meyrick, had DeltaWing running second at the time and looking really good for a strong finish, something that's been hard to come by this season for DeltaWing.

Of course, DeltaWing gets its notoriety from being "not like the others."

DeltaWing looks like a rocket laid sideways — small front, big rear. Most racecars look like they're ready to eat corners. The DeltaWing looks like it would rather not turn, thank you. It looks the way it does because of its unique mission — to win endurance races by using half the fuel and half the tire material of a "regular" LMP1 class Le Mans racer.

DeltaWing's engineers believe this is possible because they've designed the car to have half the aerodynamic drag and half the weight of a current LMP1 or LMP2 racer (1,000 pounds versus 2,000 pounds). This means DeltaWing can do its racing thing with a smallish engine. For this year's American Le Mans Series (ALMS) campaign, it's fitted with a turbocharged four-cylinder 1.9-litre engine producing about 350 horsepower. By way of contrast, the overall winner of Sunday's race, the Muscle Milk Pickett Racing ARX-O3, is powered by a Honda Racing 3.4-litre V8, making close to 600 horsepower.

Pre-practice on Thursday, I asked Andy Meyrick if he ever got used to the sight of the DeltaWing, or does it still freak him out? "It's become normal now, I love it," says Meyrick. "(Co-driver) Katherine (Legge) and I call it our little baby."

You'd think those closely-spaced front tires aren't going to give you much cornering bite, but you'd be wrong. Meyrick says it's actually a pleasure to drive, mostly because it's so light.

"It changes direction easily, and you don't get the huge weight distribution and subsequent pitch in the car. So (you) just have to get used to how it feels. Very nimble. And with low drag we keep accelerating all the way down the straightaway." Racing DeltaWing is certainly challenging in one regard — it's still a work in progress, and in need of constant development. But Meyrick says the team enjoys the challenge and believes the process ultimately makes the team and the car stronger. It looks different, but Meyrick notes that many of history's greatest racecars have also challenged conventional views — it's what they do.

"DeltaWing really challenges the way we go racing," says Meyrick. So while DeltaWing may now challenge our conception of a go-fast car, who knows how "normal" it might become in the future. Notes Meyrick: "The numbers speak for themselves and the fans love it."

Fix your car by phone? I would not rule it out

Driving force. Automakers putting safety first as they try to fully merge technology into the driving experience

JIL MCINTOSH
drive@metronews.ca

In-vehicle technology (like above) is becoming more and more advanced by the day. In the future, cars such as Mercedes-Benz could update their ystems via wireless communications. PROVIDED

As people become increasingly connected through their smartphones, automakers are working to ensure that their vehicles are part of the process.

While Bluetooth phone pairing is now commonplace in cars, and some vehicles can access information and applications from drivers' smartphones, there will be much more integration in the future, according to Tim Reuss, president and CEO of Mercedes-Benz Canada.

"People don't want their virtual lives interrupted when they're in a car," Reuss says. "They expect the seamless experience in the car that they get from their device. But as we figure this out, it all has to be safe, so you're not driving down a German autobahn at 240 km/h while updating your Facebook."

The automaker is working with BlackBerry and other companies to develop connectivity technologies, which could include wireless systems built into the car, or applications that the car accesses through the owner's phone network. The greatest challenge is development time. An entirely new or redesigned car model can take as long as seven years to engineer and develop from start to finish, while new connectivity software could be ready in just months.

In effect, carmakers have to plan their vehicle designs to accommodate technologies that haven't yet been developed, because current software and devices could be outdated or even obsolete by the time the car is ready for the showroom. "We need interaction with companies like BlackBerry and others to figure this out as we go forward," Reuss says. "There are ways to do it, and not everything needs to be in the car. We need the interface."

In the future, the automaker might be able to contact the car through the system if the customer authorized it, performing such wireless functions as updating the navigation map, advising that maintenance is due, or warning if the kilometres are getting high on a leased vehicle and a new plan should be negotiated.

Beyond that, cars could send diagnostic information to the dealership and have their computers wirelessly "flashed," or updated, to solve minor issues or improve performance. "It isn't just a one-way street," Reuss says. "It won't happen today, but imagine the vision down the road where these features could happen with the connectivity."

Horoscopes

♈ Aries
March 21 - April 20
Don't reveal too much about what you are planning. Certain things should remain a secret, no matter how much you might want friends to know. Don't clam up completely but be careful what you say.

♉ Taurus
April 21 - May 21
As Venus, planet of love and beauty, is moving through the most dynamic area of your chart, you can be sure that opportunities to be creative and to have fun will come thick and fast. Don't ignore them.

♊ Gemini
May 22 - June 21
Family problems are not nearly as bad as you think. A little more understanding on your part will go a long way towards healing emotional rifts.

♋ Cancer
June 22 - July 23
There is something you need to let go of, something that has become a burden. What that something is only you know for sure but now is the time to get rid of it. You will feel an incredible sense of release.

♌ Leo
July 24 - Aug. 23
Sit back and marvel at all the wonderful things that come your way. Even when you do have to make an effort, helpful activity in the money area of your chart will make it easy for you to turn ideas into cash.

♍ Virgo
Aug. 24 - Sept. 23
You want to indulge, and there is no reason why you should not. Take care you don't indulge to an extent that leaves nothing to yearn for tomorrow. You can have too much.

♎ Libra
Sept. 24 - Oct. 23
If you are happy on the inside you will be happy on the outside, so think only loving, happy thoughts over the next 24 hours. Look on the bright side in everything you do.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something you have been craving, take it. There's no catch involved. They simply want to do something that makes your life more exciting.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone in authority has taken a liking to you and will go out of their way to smooth your path to success. You don't have to do anything special, just carry on doing what you've been doing recently.

♑ Capricorn
Dec. 22 - Jan. 20
You have so much to look forward to, so much to be happy about, so try to be a bit more relaxed. Sometimes you can be a bit too serious, a bit too tense. Lighten up. Life is supposed to be enjoyed.

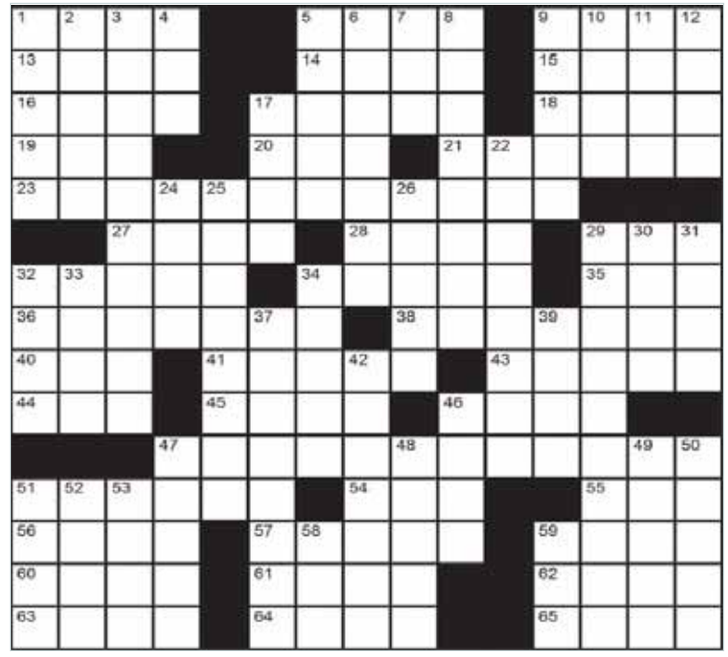
♒ Aquarius
Jan. 21 - Feb. 19
Good news about your financial situation is not far. So stop worrying about dollars and cents. Money will come to you when you most need it, from sources old and new.

♓ Pisces
Feb. 20 - March 20
You may not want to ask for assistance but you know you must. With Venus now moving through the partnership area of your chart, you will get all the help you need — and then some. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

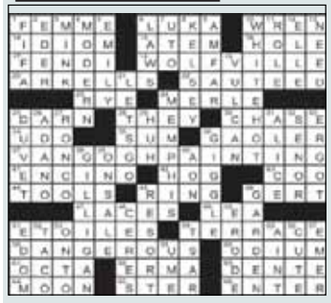
BY KELLY ANN BUCHANAN



Across
1. Golden sunburst beams
5. Commissioner Gordon's force in comics [acronym]
9. Green hue
13. "I had no __." (Really?)
14. Mixture
15. S-shaped moulding
16. Period of calmness
17. Was a bee, used its pain-inflicter
18. River of Russia
19. M's spelled-out preceder
20. Friend: French
21. Actress Gail
23. TSX company identifiers: 2 wds.
27. Problems
28. Fuss
29. Eating-spot-with-trays, for short
32. Eucharist bread plate
34. Poet of ancient Greece
35. Whoopi Goldberg's Oscar-winning role, __ Mae Brown
36. Movie poison
38. More concise
40. __-Mex (Cuisine style)
41. Zodiac creatures
43. Bid
44. __ Lanka
45. Actress Ms. Hudson
46. Bigger than big
47. Rocky Mountain ledge grazer which is Alberta's provincial mammal: 2 wds.
51. Sound system sort
54. Midweek day, for short
55. Street surfacing
56. Psychedelic light, __ lamp
57. Eggs: French
59. Fury
60. Prayer sign-off
61. Egypt's river
62. Title-starter of a Shakespeare play
63. Grand __, ON
64. Pretoria's locale, _.__.
65. Labouriously makes a living

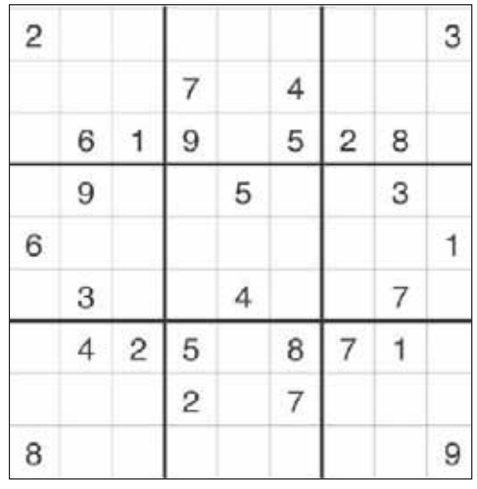
Down
1. Gets to
2. Music genre, __ Contemporary
3. Joni Mitchell song: "Big __ __"
4. Mr. Mineo
5. George Harrison hit: "__ __ Mind Set on You"
6. __-__-fame
7. Debit card holder's li'l code
8. Well-intentioned sort
9. Days: French
10. Taj†Mahal's site
11. Exhausted
12. Moray-like
17. Back talk
22. Canada, __ and Free
24. Filmmakers Joel and Ethan, __ Brothers
25. T-Bird member in "Grease" (1978)
26. Exploding devices
29. Mike Myers SNL sketch, "__ __ with Linda Richman"
30. 'Chick' suffix
31. Jamie of "M*A*S*H"
32. Takes for agents, for short
33. Sure-saying sailor
34. Moor shrub
37. RCD = Royal Canadian __
39. Alphabetic sequence
42. Scandinavia-set epic tale
46. Palm places, puny-ly
47. Kraft, Aero or Tide, etc.
48. Look up
49. Bird of Jove
50. The Canadian __ (News agency)
51. Concrete chunk
52. Gentle
53. Balanced
58. Shuffled up vowels
59. "Norma __" (1979)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	3	4	5	2	8	9	1	7
2	1	5	7	9	6	8	3	4
8	7	9	1	3	4	6	2	5
4	6	3	9	7	2	1	5	8
1	5	8	6	4	3	7	9	2
7	9	2	8	5	1	4	6	3
9	4	1	3	8	5	2	7	6
3	2	7	4	6	9	5	8	1
5	8	6	2	1	7	3	4	9

Today
23°/16°
Sunny

Thursday
23°/16°
Sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
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JOHN M.S. LECKY
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Aug 12-Aug 16	Mon to Fri 12pm-4pm	$280	course ID #9371
Aug 19-Aug 23	Mon to Fri 12pm-4pm	$280	course ID #9372
Aug 26-Aug 30	Mon to Fri 12pm-4pm	$280	course ID #9373

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3.8L GT model shown

WAS ~~$28,064~~ NOW $24,564♦

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- ✓ 274 Hp*
- ✓ 2.0T I4 CVVT DOHC Engine
- ✓ Air Conditioning w/Automatic Climate Control

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0%† FINANCING FOR UP TO 96 MONTHS

ON 2013 TUCSON L

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Limited model shown

WAS ~~$28,259~~ NOW $26,259♦

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WELL EQUIPPED:
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- ✓ Heated Front Seats
- ✓ Active Eco System

SELLING PRICE: $26,259♦ SANTA FE 2.4L FWD AUTO.
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5-year/100,000 km Powertrain Warranty
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